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2007 October-Newsletter

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Life Renewal Institute Newsletter

Vol. 10

251 Stenton Ave., Plymouth Meeting, PA 19462

October 2007

"Each time we face our fear, we gain strength, courage and confidence in the doing" – Unknown

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Editor's Corner:

What is fear of rejection? One website states it this way: *"The driving force behind many people that keeps them from being authentic human beings. They are so driven by the need for acceptance of others that they lose their own identity in the process. They mimic the ways in which others act, dress, talk, think, believe, and function. They become the three dimensional clones of the 'role models' they so desperately need to emulate in order to gain acceptance."*

This description was me for 40 years. Trying my best to be everything that everyone wanted me to be so I wouldn't be rejected by any of them and losing my own identity in the process. I can tell you it doesn't work. I still experienced rejection and I didn't know who I was anymore. [Binding the Wounds](#) and subsequently [The Journey](#) has helped me to start over, learning first to accept myself for who I am and knowing God accepts me the same way. That's all that matters in the long run. What a joy life is today.

Do you ever experience rejection at church or amongst your church family? Read "Is Your Church Experience Empty" to get some tips on what to do about it. If you have any comments, suggestions, or questions, please contact me at audrey@yourLRI.com

Audrey Woods

*"No one can make you
feel inferior without your
permission"*

Eleanor Roosevelt

A Note From Regina



After 40 something years I finally realize that I have spent most of my life afraid, afraid to laugh, to cry, to love, to trust. Afraid to walk with God, afraid to walk without him. What a terrible little box to live in. Guarded in relationships, I never experienced the pain of loss, but I also never experienced the joy that intimacy brings. Guarded with God, I never allowed the tragedies of life to disappoint me, or hurt me, but I also never came to enjoy walking in the sunlight of his miracles. Never losing, never gaining. But as you know anything that remains stagnant for a long period of time began's to stink and that was my life until recovery taught me that the lack of protection I experienced as a child, the feeling of being expendable had taught me to be self sufficient, never trusting people, never trusting God. Because Recovery has helped me discover the root of the problem, with God's help I have been climbing out of my little box and I must say to you, the air out here is WONDERFUL.

Announcements

We are working on filling the calendar for 2008 and 2009. If you would like to have a live seminar in your area, please contact Audrey, audrey@yourlri.com or Vic, vic@yourlri.com. We would be happy to assist you in setting a date and making plans.

Don't forget to check out the Sept. blogs if you haven't already.

- [Stony Grounds and Trials](#)
- [Live in the Moment](#)
- [Face Your Fears](#)
- [Believe in Miracles](#)

[Click here](#) to visit Ron and Nancy on My Space. Send them a friend request if you haven't already.

Is Your Church Experience Empty?

By: Ron and Nancy Rocky



Is there a tug on your heart to worship, to go each week to a warm and friendly church? As the day of worship approaches, do you find yourself making a million excuses why it just isn't convenient to attend this week? If this sounds familiar to you, you are NOT alone.

Maybe you are like some who complain that the members are in cliques, and you never feel welcomed. You want to belong, but others just don't seem to want you. Or perhaps you feel that the Pastor has his group of friends and you're not included. It could be that even though you've been a member for a long time, you find him unfriendly and he has never visited your home nor invited you to his. And when you were in the hospital, he may not have come to visit and pray with you.

Are you among those who feel shunned or criticized? Does it feel that there must be something about you that's different from others in the congregation? Do you feel left out because you are never invited to take an office in the church? Or maybe you are one who exhausts yourself working fiendishly for the church, but enough is never enough. Could it be that it seems like most of the church activities are for couples and you attend without a spouse?

We have heard many say that they go to church but aren't sure why, because they "never get anything out of it." You may complain that the sermons are boring, or the Pastor seems to harp on just one theme, or the sermons aren't "spiritual enough." Or you might think his sermons are dry and boring or "ill constructed" or "above your head." Some older folk complain that the music is too loud, or too fast or too modern, while the young are often bored to tears with old-time hymns played and sung at a snail's pace.

We understand. As it happens, we have been on both sides of the pulpit, have felt frustrated as a pastoral team, and aggravated as members of a congregation. In ministry, it is easy to feel overwhelmed and unsuccessful, because the

demands are great. It's easy to become discouraged and give up. As a parishioner, it's disheartening to feel ignored and distant from your shepherd. What's a person to do?

Here are some things that have helped us to be encouraged regarding our church attendance.

First, realize that everyone has wounds – that's the enemy's agenda for humankind. These wounds leave us with needs and longings that are unfilled. We develop techniques that we think will help us to survive, but many of the techniques force us to stay on the road to self-defeat rather than to help us thrive.

If you are reading this article, you are past the age of five, and the fact is that **people cannot be fixed from the outside past the age of five**. Your healing, your satisfaction and fulfillment come from inside you as you choose to take a step toward a victorious life. The first step is a recognition and acknowledgement of your need and a willingness to actively participate in the healing process. This is beginning the process of taking personal responsibility for your happiness and satisfaction.

Pastors are not able nor responsible to fix what got broken in your character-forming years, nor is there a church member who can "make it all better." The sad thing is that when we are emotional children, stunted in our emotional growth at the age when our wounds occurred, we long for a mother or father figure who can fix us. We assume that if anyone could fix us, it should be someone in the church, especially the pastor. To tell you the truth, it is someone in the church who can fix you, and that someone is God, your Heavenly Father. But even He needs your cooperation and participation. Other members and visitors in the church are wounded and needy too – even the pastor. The only One who can satisfy all your needs and theirs, is God.



Second, it's important to recognize that you cannot expect that perfection of others or the pastor. It belongs only to God. While the pastor is God's messenger, he is human, with the faults and foibles that belong to wounded individuals. He cannot read your mind nor can he detect your pain just by casual observance. Even husbands and wives can't always read the mind of their mate. So what can you do?

1. Make an appointment to visit with the pastor. During that visit, share with him who you are,

what life is like for you and your family, and also what is happening in your life that burdens you. Enlist his prayers; ask for his counsel if you need it. And if he refers you to a professional therapist because he doesn't know how to counsel you, thank him for his wisdom in sending you to someone who can help with your particular need. And while you're with him, you might share with him your talents and areas of interest or volunteer to help in some area of the church that needs volunteers.

2. Consider inviting your pastor and his family to dinner at your home. This is a wonderful way to get to know him, to learn about his vision for the church and the passion of his ministry, his wife and her interests, and their children.
3. Plan a tea at your home for several ladies in the church – especially those who appear to be lonely. (or if you're a guy you might plan an evening of pizza and bowling) At that event perhaps you can form a small group for book study or recovery or reaching out to benefit some need in your community.
4. Make it a point to sit beside another person you have noticed who sits alone in worship service each week. Be friendly.



You know, the old saying is – “If you want a friend, become one.” It's a great idea.

Third, if you're one who thinks that the sermons are boring or you just don't get much of anything from them, consider taking notes each week. Look up the Bible texts referenced in the sermon and then during the week, do cross-references to other scriptures. You may find that those texts will take you on a spiritual journey far beyond what you thought possible. As you sit there in the sanctuary before the sermon, ask God to show you as boldly as possible, what specific message he has for you. The amazing thing is that your judgment and criticism do not improve the sermons, but your sharing with him about what particular thing you learned or blessing you gained from the sermon will help to move the preacher toward greater excellence!

That's what affirmation does!

I (Nancy) remember when Ron first started to preach, many years ago. I used to sit with white knuckles and

clenched teeth as he approached the pulpit. I spent so much effort worrying that he looked right and was saying it right (as if I were the expert) that I missed the whole point of the sermon and the blessing I could have received. In other words, I was judging and criticizing, rather than being open to the message. I had an agenda, it was selfish, and it blocked God's entry of the message into my heart.

One week, I decided to take notes, and as I did, and throughout the week afterwards, I was blessed by reviewing and doing cross referencing. After several weeks, the fear that I took with me to church, was left in the dust and instead, I went to church open to what the Lord had in store for me through the man I love.

Ask yourself: *“What do I take to church with me that prevents me from hearing God's specific message to my heart? Is it fear, resentment, selfishness, longing for acceptance, discouragement or a critical spirit?”*

Once you have figured out the roadblock to receiving the blessing you need, process through where it came from, write about it, share it with a friend, and then go to church with an open heart.

Please know that we are aware that everyone has different tastes. I (Ron) love a church with great music, and a worship service that flows from one beautiful praise song to another without interruption. I (Nancy) love a church with an excellent choir and a massive pipe organ. That music speaks to my soul – actually, most spiritual music does. But . . . the church we have chosen is small – reminiscent of my early childhood church.

For both of us, an atmosphere of love and acceptance is primary. Here at our summer retreat (yea, it's fall, and we're still here) our little church with about twenty people who attend, does not have the music we love, but it is filled with warmth and love. The service is informal, but the atmosphere is heavenly. We have chosen to bring our membership here – not for what the members or the pastor can do for us, but for what we can contribute to the members and to the community through this group. But in return, God has blessed us with what we have longed for at church for a number of years – warmth, acceptance and love.

Find a place where you can contribute, where you feel accepted and loved, and where you can arrive expectantly each week with an open heart and a willingness to give. All of nature is designed to serve, and as humans in God's image, we have been saved to

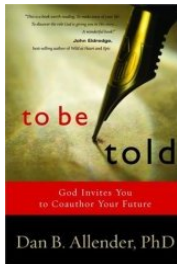


serve. Whatever your religious persuasion, there is a place of worship where you can bless and be blessed, when you approach worship with a clear and open heart. God wants you to have the blessing He knows you need, and regardless of how the church or pastor may not meet up to your expectations, God will provide what you need if you approach with a teachable spirit.

What' New?

To Be Told

by Dan B. Allender Ph.D.



Everyone wants clear guidance from God on what to do with their future. In this insightful book, Dr. Dan Allender shows that as people listen to the stories of their lives, stories that they have written, they identify the themes that God has written there. They begin to understand both the hope and the heartache, and they receive specific guidance for the future that fits who they are.

This process starts with reading your past, looking at what was, so that you can comprehend what is. This is the beginning of changes that heal the hurts of the past and will transform your thoughts, feelings and behaviors in the present and the future.

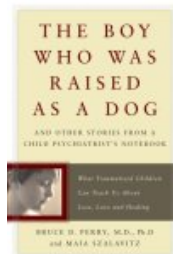
To Be Told Workbook

Gives you hands-on guidance in the process that the book describes.

The Boy Who Was Raised as a Dog and Other Stories

By: Bruce Perry, M.D. Ph.D. and Mia Szalavitz

Dr. Perry is one of the country's leading psychiatrists who has worked as a consultant for the FBI, and is the founder of Child Trauma Academy in Houston, Texas. In this book he calls on his years of experience with traumatized and troubled children. Dr. Perry has extensive experience with hurting children, such as the survivors of the Branch Davidian Cult Massacre, orphans, the sexually abused, abandoned, malnourished children, and the neglected.



Dr. Perry tells, in clear and beautiful language, of the effects of trauma on the brains and behaviors of children. He is a loving and compassionate therapist and a brilliant

scientific researcher, and calls upon both of these gifts as he writes. The stories of hurting children are poignant and the steps to their healing, most revealing. His co-author is an award-winning journalist.

The Journey - Segment 1

ATTACHMENT

LIFE RENEWAL INSTITUTE
PRESENTS:



Wanting more out of your relationship?
Not feeling like you belong?
Feeling detached?
Unable to connect?
Wishing for an intimate relationship?

DATE:
October 12-14, 2007

LOCATION:
Jacksonville Mandarin SDA Church
10911 Old St. Augustine Rd

CONTACT:
Pastor Joey Rivera
904-268-7476



Dr. Ron and Nancy Rockey

TO REGISTER:
<http://www.yourLRI.com>
1-888-8000LRI
1-888-800-0574

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If you haven't signed up for this seminar yet, do so today. You will be glad you did. [Click here](#) or call 1-888-800-0574 to register.

Upcoming Events

<u>Date</u>	<u>Place</u>	<u>Seminar</u>
Oct. 12-14	Jacksonville, FL	Attachment
March 29-30	Portland, OR	Abuse
TBA	Santa Rosa, CA	Acceptance
TBA	Walla Walla, WA	Abuse

[Click here](#) for more details or to register.

If you would like to have a live event, please contact me at audrey@yourLRI.com or Vic at vic@yourlri.com and we would be happy to assist you.

Response to Sept Article

Excerpts from: Rose Burks



Last month we asked how you would react to a Major Crisis. Here is a response from one of our readers.

"Its all a part of life. Don't dwell on it. Get through it and move on. After all not

much you can do to change it.

I remember this one time some boys were giving us girls a hard time. Chasing us, carrying rope to tie us up with. We managed to get in the house and lock the doors and windows. When Mom and Dad got home, Dad called the cops and joked about it. It was no big deal to him so we didn't make a big deal about it either. We were teased a lot at school, made fun of, called names, tormented, chased around the playgrounds, rocks thrown at us. But none of this was a big deal. I have often wondered if anything was a big deal. But so far nothing.

One time my oldest sister was really sick and the people who could threaten did. Said if Mom and Dad didn't take her to the doctor they would take her away. After being sick for some time she was finally on the mend. The doctors nearly killed her. They did 3 unnecessary surgeries almost killing her in the process. Since they didn't know what was wrong they decided to explore. When she came home Dad joked about it.

He was always joking about what was going on. When he was setting out to give away my sister, I remember him standing on the porch joking with the woman about how Mom won't give her up or even get out of the car to discuss it. I guess us girls were just a joke to him. He would make comments about killing bad blood. We were always scared that meant us. I believe to this day that is why we all ended up in TN (my father swore he would never set foot in TN again). The day he was choking me and yelling about how it would be better to have a dead kid than a disobedient one. Well like I said--move on.

Keeping a distance from emotions is what has kept me together. I know from taking the courses that this is unhealthy. However there is a time and place for everything and right now I need to stay together. I admit I have my moments when I break down but it doesn't last for too long. There isn't time or its not the right time.

I don't believe I am a failure, for I have grown in this process. I guess you could say I am still on a journey.

I want to add that before attending Binding the Wounds I would sit and rehearse in my mind all the wrongs my husband had committed against me. I thought that if I should forget or forgive it would place me in a similar position. I learned however to let go and it is a freeing that is hard to explain. I don't pretend that I am perfect and will never remember or throw it up to him. I am saying that since attending the many seminars and learning about our behaviors and where they come from I am more free than I have ever been. I am still learning but my mind is free and for that I am grateful!"

Rose

Photo Contest



- What does rejection look like to you?
- [Email](#) your original photos that best express your view of rejection.
- **Deadline is Nov. 23, 2007.**
- Electronically sign and date release form and email with your picture/s to audrey@yourLRI.com.



Grand Prize – (1) *The Journey* Notebook including all 4 segments.
Runners-up – (3) *The Journey* Notebook with segment 1, *The Passenger*.

Pictures from the Grand Prize winner and runner ups will be featured in the December edition of the Newsletter. Unlimited entries per person. Send to audrey@yourLRI.com

***** To be eligible, each picture **must** be accompanied by a signed photo release. See form below.

[Click here](#) for more info and the photo release form. Send photos and electronically signed release to audrey@yourLRI.com

***“Knowing others is
intelligence, knowing yourself
is true wisdom”***

Empathetic Listening

Madelyn Burley-Allen offers these guidelines for empathic listening:

1. Be attentive. Be interested. Be alert and not distracted. Create a positive atmosphere through nonverbal behavior.
2. Be a sounding board -- allow the speaker to bounce ideas and feelings off you while assuming a nonjudgmental, non-critical manner.
3. Don't ask a lot of questions. They can give the impression you are "grilling" the speaker.
4. Act like a mirror -- reflect back what you think the speaker is saying and feeling.
5. Don't discount the speaker's feelings by using stock phrases like "It's not that bad," or "You'll feel better tomorrow."
6. Don't let the speaker "hook" you. This can happen if you get angry or upset, or allow yourself to get involved in an argument, or pass judgment on the other person.
7. Follow good listening "ground rules:"
 - Providing brief, noncommittal acknowledging responses, e.g., "Uh-huh," "I see."
 - Giving nonverbal acknowledgements, e.g., head nodding, facial expressions matching the speaker, open and relaxed body expression, eye contact.
 - Invitations to say more, e.g., "Tell me about it," "I'd like to hear about that."
8. Follow good listening "ground rules:"
 - Don't interrupt.
 - Don't change the subject or move in a new direction.
 - Don't rehearse in your own head.
 - Don't interrogate.
 - Don't teach.
 - Don't give advice.
 - Do reflect back to the speaker what you understand and how you think the speaker feels.

The ability to listen with empathy may be the most important attribute of interveners who succeed in gaining the trust and cooperation of parties to intractable conflicts

and other disputes with high emotional content. Among its other advantages, as Burley-Allen points out, empathic listening has empowering qualities. Providing an opportunity for people to talk through their problem may clarify their thinking as well as provide a necessary emotional release.

(Excerpted from: Beyond Intractability: A Free Knowledge Base on More Constructive Approaches to Destructive Conflict)
http://www.beyondintractability.org/essay/empathic_listening/

Hugging

Author Unknown



Hugging is healthy.

*It helps the immune system, cures depression,
reduces stress and induces sleep.*

*It's invigorating, rejuvenating,
and has no unpleasant side effects.*

Hugging is nothing less than a miracle drug.

Hugging is good medicine.

*It transfers energy, and gives the person
hugged an emotional boost.*

*Hugging feels good and warms, overcomes fear,
eases tension, it must be why God gave us arms.*

*You need four hugs a day for survival, eight for
maintenance, and twelve for growth.*

WELCOME: to our new friends from My Space. Thank you for adding us. We enjoy meeting new people. If you have a profile on My Space but haven't added us yet, we would love to have you as one of our friends. Send us a friend request. On our profile you can read our blog, watch videos, send us messages, read and post comments, and meet other friends who are interested in recovery. Help us meet new people. Tell your friends about our profile.

LRI Connect

Join [LRI Connect](#); a discussion forum where you can voice concerns about life issues, and receive advice and feedback from other LRI participants. Meet others who are going through some of the same things as you? There are 5 forums with multiple topics under each:



Some of the topics include: marriage, friendships, major depression, ended relationship, drug abuse and addiction, divorced/forgiven, rebellious children, and more.

If you don't see the topic you are interested in, you can post a new topic in one of the 5 categories. You will need to register the first time. For privacy and confidentiality of

all LRI members, please sign up with a username other than your real name. [Click here](#) to get started.



Copy this code and paste into you're My Space profile where you want the Life Renewal Institute banner and link to appear.

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<a href="http://www.yourlri.com" target="_blank"></a><br>Where knowledge merges with understanding, creating hope and change.<br>
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****Note:** All pictures used with permission

See next page to order books, CD's, and DVD's.

Order Form

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☐ Visa/MasterCard _____ Expiration Date _____ ☐ Check attached # _____

Orders over \$100=Free Shipping - or - add \$6 for first item and \$2 for each additional item

#	Title	Amount	Taken	B/O
	Belonging	\$12.99		
	Bold Love	\$13.99		
	Boy Who Was Raised as a Dog	\$26.00		
	Breaking the Cycle of Divorce	\$19.99		
	Changes That Heal	\$12.99		
	Changes that Heal – Workbook	\$12.99		
	Chosen	\$12.99		
	En Casa – Belonging translated to Spanish	\$12.99		
	For Men Only	\$14.99		
	For Women Only	\$14.99		
	For Young Women Only	\$13.99		
	Freedom from the Grip of Fear	\$12.99		
	Gift of Forgiveness	\$12.99		
	Healing the Scars of Emotional Abuse	\$12.99		
	Heart Speaks	\$14.00		
	Hearts Code	\$14.95		
	His Needs – Her Needs	\$19.99		
	His Needs – Her Needs (audio book)	\$39.99		
	Invisible Bond	\$12.99		
	Lies at the Alter	\$24.95		
	Living Successfully with Screwed-Up People	\$12.99		
	Loving Your Child too Much	\$21.99		
	Magical Child	\$15.00		
	Managing Emotions	\$9.95		
	New Brain	\$14.95		
	Nurturing the Unborn Child	\$15.95		
	Parenting the Heart of Your Child	\$13.95		
	Pre-Parenting – Nurturing your Child from Conception	\$14.00		
	Sheet Music	\$12.99		
	To Be Told	\$18.99		
	To Be Told – Workbook	\$11.99		
	Unbreakable Bonds	\$16.99		
	Why You Do the Things You Do	\$13.99		
	Wounded Heart	\$14.99		
	Wounded Heart - Workbook	\$15.99		
	Subtotal of Books	\$		
	Subtotal of Workbooks and AV from Reverse	\$		
	Shipping	\$		
	TOTAL DUE	\$		

#	Title	Amount	Taken	B/O
	22 Week Notebook - Binding The Wounds	\$25		
	22 Week Notebook in Spanish - Binding The Wounds	\$25		
	22 Week Small Group – Binding The Wounds – DVD + 2 Notebooks	\$249		
	22 Week Small Group in Spanish - BTW – DVD + 2 Notebooks	\$249		
	Belonging – CD	\$69		
	Binding The Wounds – CD – audio seminar	\$99		
	Binding The Wounds – DVD – video seminar	\$199		
	Connecting – CD	\$89		
	Created for Success – DVD – with 2 workbooks	\$199		
	Journey to NAI – facilitator copy	\$30		
	Journey to NAI – student copy	\$10		
	Passenger Lesson Guide DVD	\$149		
	Passenger Notebook	\$49		
	Mode Lesson Guide DVD	\$149		
	Mode Notebook	\$49		
	Route Lesson Guide DVD	\$149		
	Route Notebook	\$49		
	Macaroni Pin	\$4		
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